

One Step at a Time



A *Svaroopa*® yoga Weekend Intensive with Casey Gerdes,
Leading *Svaroopa*® Teacher, CSYT, E-RYT 500

April 17 & 18, 2010

Saturday 9AM to 6PM; Sunday 9AM to 5:30PM

How do you move and live in the world with an open, flexible spine? What would that feel like?

Take the principles of *Svaroopa*® yoga to a new level by learning how to apply spinal release while moving through the world and your life. This workshop will help you learn how to walk in a whole new way, using your abs and legs to support your spine.

Each day will include two longer *Svaroopa*® yoga classes, integrating and finessing new concepts as the weekend progresses. After-lunch discussions will weave relevant anatomy principles and yoga philosophy together so you complete the weekend with a better and more complete understanding.

This workshop is appropriate for both new and experienced yoga students. If you have a medical condition or wonder if this program is appropriate for you, contact Serene or Casey to discuss.

Explore how your body can move in a **WHOLE NEW WAY!**



Casey's warm, detail-oriented approach encourages each student to explore his or her own experience. She has been studying and teaching the anatomy, philosophy and underlying principles of *Svaroopa*® yoga since 1996, was a Teacher Trainer for eight years and is a Senior *Svaroopa*® Yoga Teacher. Her credentials include certification as an Advanced *Svaroopa*® Yoga Therapist, Embodiment® Therapist, Yoga Pain Clinic Leader, Meditation Teacher, *Svaroopa*® Yoga Vinyasa Teacher, Advanced Bliss Teacher, Pregnancy Yoga Teacher, Yoga for Back Teacher, Gentle Yoga Teacher, & Deeper Yoga Teacher. For more information about Casey or *Svaroopa*® yoga, visit www.YogawithCasey.com.

Casey will be available for a limited number of private sessions, which can be used to develop or refine your personal practice, focus on a specific physical issue, and/or create deeper release. To schedule a private session or for more information, contact her at Casey@YogawithCasey.com.

Serene Yoga and Healing

120 Administration
Oak Ridge, TN 37830

For information/registration:

Serene White, 865.789.9731
Info@SereneYogaandHealing.com
www.SereneYogaandHealing.com

Enrollment

Early enrollment*: \$225
Regular enrollment: \$255

*Reserve your place at the early enrollment price with a \$75 non-refundable deposit by March 12 with balance due April 9, 2010

Mail checks to Serene Yoga and Healing at the address above